



How to Make Perfect Poached Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



63 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon champagne vinegar
- 2 eggs fresh
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- paper towels
- sauce pan

- ramekin
- slotted spoon
- baking spatula

Directions

- Fill a bowl with ice water.
- Fill a saucepan with cold water and place over medium heat; stir in vinegar and salt. Bring to a gentle, slow simmer and reduce heat to low.
- Break each egg into a separate small ramekin; place a ramekin close to the surface of the water and gently pour egg into the simmering water.
- Let egg white set for a minute or two and use a silicone spatula to gently lift egg from the bottom of the pan to prevent sticking. Cook until white is firm and yolk is runny, about 6 minutes.
- Lift poached egg from water using a slotted spoon and transfer gently to bowl of ice water to stop the cooking process. Reheat eggs for 1 1/2 to 2 minutes in very gently simmering water and remove with a slotted spoon. Tap bottom of slotted spoon containing egg on a dry paper towel to remove any excess water before serving.

Nutrition Facts

PROTEIN 36.28% **FAT 61.6%** **CARBS 2.12%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.0613042862843%

Nutrients (% of daily need)

Calories: 63.4kcal (3.17%), Fat: 4.18g (6.44%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.16g (0.18%), Cholesterol: 163.68mg (54.56%), Sodium: 644.05mg (28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Selenium: 13.51µg (19.3%), Vitamin B2: 0.2mg (11.83%), Phosphorus: 87.32mg (8.73%), Vitamin B5: 0.67mg (6.75%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Folate: 20.68µg (5.17%), Vitamin A: 237.6IU (4.75%), Iron: 0.79mg (4.37%), Zinc: 0.57mg (3.8%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.46mg (3.08%), Calcium: 25.15mg (2.52%), Potassium: 61.81mg (1.77%), Copper: 0.03mg (1.62%), Magnesium: 5.39mg (1.35%), Vitamin B1: 0.02mg (1.17%)